

**FALL 2014
RECREATION DEPARTMENT
PROGRAM BROCHURE**



**TOWN
OF
NORTH HAMPTON**

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NORTH HAMPTON**

**RECREATION PROGRAMS
FALL 2014**



Town Offices
233 Atlantic Avenue
North Hampton NH 03862
964-3170
964-8087

EVERYBODY RECREATE!



FALL 2014

PIANO LESSONS

Esteemed Pianist Nancy Roberts, who has over 20 years of teaching experience, will be conducting lessons at North Hampton School this Fall. Areas of focus will include, but are not limited to, music reading, note values, rhythm, ear training, music theory, and positive practice habits. Genres range from classical to contemporary.

Lessons are thirty minutes

Please contact Nancy at 431-6238 to arrange lessons after registering with the Recreation Department

Who: Boys and Girls

What: Piano Lessons

Where: North Hampton School

When: Weekly Lessons Monday through Thursday (9 weeks)

Cost: \$216 with a \$100 Deposit at time of registration.

Remaining \$116 due by the start of program

COYOTE CLUB

Coyote Club is driven by a passion to get children comfortable with the outdoors, into the woods and connected with the environment. Children involved in nature based education programs often experience a deeper sense of self-respect, self-esteem, and a strengthening of their connections to the natural world.

Deadline to register is the Friday prior to the start of each session.

Registrations cannot be accepted after that date

No refunds can be given for this program

Maximum of 32 participants

When: Tuesdays (See Sessions Below)

Who: Boys and Girls ages 5 through 12

Where: North Hampton School (Classroom To Be Determined)

Cost: \$80 Per 6 Week Session

Session 1: 9/23-10/28

Session 2: 11/4,11/18,11/25,12/2,12/9,12/16

Session 3: 1/13-2/17

Session 4: 3/10-4/14



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REGISTRATION INFORMATION

We have partnered with Activenet, a registration software company, to be able to provide online registrations to our constituents. This system is very user friendly. If you have not done so already, you will need to visit the Rec Dept. website and follow the link to our online registration system. From there you will create a household account. It is important that you provide us with accurate phone numbers and email addresses as this is our method of alerting you in case of emergency as well as updating you regarding your specific programs. You can complete the process of creating a family account at any time and it makes things much smoother for you when you decide to register for any of our programs. This system allows you to make payments by credit or debit card online as well which is something that is new to the Recreation Department. There is a small fee charged by the software company when paying online. If you have any questions regarding this process please call the Recreation Department at 964-3170 during normal business hours.

SCHOLARSHIP INFORMATION

The Recreation Department is proud to be able to offer partial scholarships to those residents who are truly in need and would otherwise be unable to have themselves or their children participate in our offerings. For more information regarding scholarships please visit our website and contact the Recreation Department by phone or in person, Monday through Friday 8am –4pm. Scholarships are available only to residents of North Hampton.



FIRST TEE GOLF CLINICS

The First Tee of New Hampshire's program offers unique and fun learning opportunities for young people from ages 5 - 17. The program utilizes the unique game of golf, and its core values and traditions, to teach values and life skills to young people of all backgrounds, especially those who might not otherwise ever have an opportunity to experience the game of golf.

Participating children work on 9 Core Values: **Courtesy, Respect, Judgment, Responsibility, Sportsmanship, Confidence, Honesty, Integrity, and Perseverance (CR JRS CHIP)**. In addition participants work on a progression of Life Skills (introducing oneself, goal setting) and golf skills (including set-up, putting, chipping, pitching, bunker shots, full swing, the rules of golf and etiquette). Over time, participants are encouraged to work through PLAYER, PAR, BIRDIE and EAGLE levels of achievement. The First Tee of New Hampshire also offers an introductory program for participants ages 5-6 using equipment especially designed for them.

Participants in this program will be transported to Sagamore Golf Center, in the Recreation Van, where parents will need to pick up at the conclusion of the program

TARGET **Cost: \$30** **Time 3pm-4:00**

Ages 5-6 Session 1: Mondays 9/8-9/22

Session 2: Mondays 9/29, 10/6, 10/20

PLAYER AND PAR **Cost: \$40** **Time: 3pm-4:30**

Ages 7-12 Session 1: Wednesdays 9/10-9/24

Session 2: Wednesdays 10/1-10/15

TEEN PAR **Cost: \$45** **Time: 3pm-5pm**

Ages 13-16 Session 1: Thursdays 9/11-9/25

Session 2: Thursdays 10/2-10/16

Teen Par includes the first lesson of each session at Sagamore Golf Center in North Hampton, and the final two lessons will be coached rounds of golf at the Sagamore Hampton Golf Course.



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SKILLS CLINIC WITH ATLANTIC ROVERS SOCCER CLUB

At North Hampton Elementary School

Dates –10/10-10/24, 11/7-11/21

Location –NHS Gymnasium

Open to All Boys & Girls grades 2-5

Grades 2-5 2:50-4:15pm

Cost: \$60 Min8 Max Kids: 15

Trainer Scott Gormer:

US Soccer Federation “D” license

NSCAA Advanced National Diploma, National Goal Keeping Diploma, High school Diploma

Coerver Youth License

High School Varsity Coach

Trainer Dan Hartley

Dan Hartley has E and F Youth Soccer Licenses and has been coaching soccer over 12 years with U9 to U16 teams and is the former President of Hampton Attack Soccer and Board member to Seacoast Soccer League.

What will be covered in these sessions?

In the sessions we will;

Learn 20+ shielding moves, stops and starts, and fakes and feints used to beat an opponent 1 on 1 like the Scissors, Cryuff, Revalino, Mathews, Twistoff, Overmars...

Play developmentally appropriate small sided games with a theme focusing on defending, speed of play , fast break...

introduce basic goal keeping techniques

Sign up today If you would like to greatly improve your child’s technical skills and be more competitive with others. All players can learn these skills.



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SKI CLUB 2015 GUNSTOCK MOUNTAIN RESORT

Registration Deadline: December 12th, 2014

Dates: Ski dates for Gunstock Ski Club are 1/9, 1/16, 1/19 (Full Day) 1/23, 1/30 (Full Day)

Times: Early Release Return 8:30pm, Normal Release Return 9:30pm

Costs: Ski Program Only \$265.00 (No Rentals)

Add: \$72 to Rent Skis/Snowboard and boots/poles

Add: \$20 to Rent Helmet

Total for Program and All Rentals \$357.00 (Helmets Required either owned or rented)

Minimum Deposit of \$165.00 to Register

Maximum of 50 Participants

Minimum of 25 Participants

Forms: Each of the following forms must be returned to the Rec Department by December 12th, 2014

Signed Participant Waiver

Signed Rental Waiver

New Items:

We will not be storing our skis and snowboards at North Hampton School this year. Ski/Snowboard Drop off will be behind Town Hall Mon 8am-4pm, Tues 7:15am-4pm, Wed 9am-5:30pm, Thurs 9am-5:30pm. Please see Jim O’Hara in Town Hall if no one is out there to help you load your equipment. If unable to drop off equipment in those timeframes, you will need to meet the bus to load equipment Fridays Promptly at 3pm.

No Skis/Snowboards will be allowed in the School.



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FALL ARCHERY

We have partnered with “The Archery Academy” to be able to offer professional archery instruction here in North Hampton. Certified Level III instructor Robert Schmidt has an exciting program to those who are interested in archery, accepting both experienced and beginner archers. Parents are strongly encouraged to sign up with their children! All equipment is provided by the instructor.

Fridays at NHS 10/24 11/7 11/14 12/5

Ages 7+

\$65 individual

\$135 Family of 3

\$30/Additional Immediate Family Member

Minimum Participants: 5

Maximum: 12

PRE-SCHOOL STORY TIME

Join us for stories, songs, crafts and other activities and meet other parents and caregivers!

When: Tuesday and Wednesday Mornings at 10 a.m.

Ages 2-5 . Starts Tues September 9th.

Call or email the library to sign up.

Free

FAIRY HOUSES AT THE LIBRARY

Join us in creating fairy houses. More details soon.

Tentative date is Saturday, September 13, from 11-1:00 p.m.

All ages! Free



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THE GREAT STONE FACE BOOK CLUB

The Great Stone face group for grades 4-6 returns again this year! Starts Wednesday, October 8th. (As last year, Students with signed permission may ride the bus to the library from school and be picked up at the library.) Flyers and sign up sheets coming soon. To get your name on the list for this popular group – call the library as the group size will be limited.

Wednesdays beginning October 8th, 2014

Cost: Free

POTLUCK AND PAGES

A fun evening book discussion group for students in grades 5-8. Participants are invited to choose and discuss classic and current fiction for young people. Meetings may also include: guest speakers, book-related cultural and historical displays and materials, games, prizes, and refreshments. Group participants take turns bringing the “potluck”, refreshments! Copies of the current book are available at the circulation desk of the library. For more information, please call or e-mail the library.

Free. Meets the 3rd Thursday of the month.

Upcoming meeting dates and times: Thursdays 9/18, 10/16, 11/20 Time: 7:00- 7:45 p.m.

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4-PART GENEALOGY WORKSHOP

Sign up for this 4 part genealogy workshop that will run every Wednesday in September from 1-3 p.m. starting September 3rd at North Hampton Public Library.

Richard Doyle, who has taught numerous workshops in the seacoast area will be the instructor for this basic genealogy class that will also appeal to more seasoned genealogists.

He will adapt his classes to the skill level of the participants.

Basic Genealogy class provides:

- Week One- Introduction and goals- do's and don'ts- sources available- getting started- individualizing
- Week Two- Materials needed- writing and resource skills needed- keeping good records- knowing your sources
- Week Three- Solving potential problems- birth & death certificates- computer essentials- following your plan
- Week Four- Writing & rewriting- making family history your own- publishing your work- not giving up

The course is open to hard workers who need to develop research skills and what do with what they find.

Laptops are welcome but not essential.

Contact the library to sign up! This workshop is free and open to the public. Please provide your name, phone number and email address.

North Hampton residents will have preference over non-residents if enrollment exceeds limits.

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PASA

Programs for Active Senior Adults

This group is comprised of some very active and social members of North Hampton and some of the surrounding communities. They are a great group and being able to spend time with them is something that cannot be overvalued. PASA meets three times per month in total and the meetings range from luncheons to field trips to business meetings. On the third Tuesday of each month we hold our monthly luncheon. We discuss all things relevant to the group including where our next field trip will be!

On or as close as possible to the 4th Tuesday of each month we hold our “Monthly Movie Screening” in the Library. Some of our latest film screenings have included “Life of Pi”, “Lincoln”, and other films of the groups choosing. Monthly Movie Screenings are free for PASA members.

This group is open to anyone ages 55+.

Annual Dues of \$15 are required for membership and participation in the various PASA events.

Please visit Town Offices to register.

Pickleball

The fastest growing sport in the United States has a home at Dearborn Park here in North Hampton. Pickleball is a wonderful sport that is a cross between tennis and racquetball and is very popular with our 55+ population however, it is certainly open to all ages and free instruction is available! Two Pickelball courts will be available.

New Spring Schedule Coming Soon!

Typical Schedule:

Monday Tuesday Thursday 8am-Exhaustion

Saturday 7:30am-Exhaustion

Please contact the Rec Department or Homer Johnson, Pickleball Coordinator, at 964-5943 for more information.

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TAI CHI FOR ADULTS

Tai Chi, the slow moving Chinese exercise for health and balance is being held at Centennial Hall, North Hampton on Tuesday mornings at 10 am. Open to everyone in the Seacoast area and run through the North Hampton Recreation Dept. Classes are \$5/class and to register please contact the Town Office above the Police Station for a class pass.

Focus is on improving balance, coordination, deep breathing and moving energy smoothly through the body. Tai Chi has been proven by multiple medical studies to reduce pain, improve flexibility and reduce falls. No previous experience necessary.

Marsha Carr, your instructor has been practicing Tai Chi for over 15 years and is a gentle and patience teacher. For more information about the class itself please contact Marsha at Marsha@tc4eb.com, www.taichi4everybody.com or (603)498-9550 (leave message).

TAI CHI FOR KIDS

Tai Chi has almost a magical effect on health improvement and kids love to learn in a fun activity. Tai Chi has been shown to improve concentration and bring balance that helps children navigate their world. We will explore the essential principles of Tai chi of soft flowing movement, using their imaginations and deep breathing. We will employ the movements of animals and birds to connect to the natural movement of the body and have fun. This 45 minute program emphasizes the fun element while developing their minds and body. All ages welcome. Parents and teachers are encouraged to join us! Register online or in person with N. Hampton Recreation.

Dates: Wednesdays 9/24-10/29

Grades: 4th-8th

Cost: \$50

Min:4 Max:10 Time: Dismissal -3:45

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CHESS CLUB

Local chess legend Steve Shulten has passed his immense knowledge on to Mrs. deConstant who will be running the program this school year! This program runs from dismissal until 4:30. Having our youth continue to develop their chess skills and interact in a positive setting is a great opportunity. This club has proven itself to be fun and exciting and is always looking for more members. There may be an opportunity to get involved in local chess tournaments through this group as well.

Who: Boys and Girls in Grades 2-8

What: Chess Fun!

When: Thursdays

Where: NHS Classroom 254

Cost: \$60/ for the 8 week session

Session 1: 9/25-10/30

Session 2: 11/6,11/13,11/20,12/4,12/11, 12/18

LEGO CLUB

In these fun, educational classes, students will experience hands-on engineering fundamentals as they build motorized models using LEGO Bricks. "Bricks 4 Kidz" provides a curriculum which introduces children to engineering, architecture and scientific principles. Allow their imagination to soar during a free-play building session at the end of each class.

Who: Boys and Girls grades 1-8

When: Wednesdays Session 1: 9/24-10/29 Cost: \$60

Session 2: 11/12, 11/19, 12/3, 12/10, 12/17 Cost: \$50

Where: NHS Classroom TBD

Time: Dismissal to 4pm

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HOMEWORK CLUB

Homework Club will be back this fall and will serve grades 4 though 8. This program will be run by NHS Teachers and Educational Assistants. They will meet twice per week generally and pickup will be at 4pm in the classroom to be determined in the near future.

LITTLE NIPPERS SOCCER CLINICS

Coached by Mark Ruest, an Olympic Development Team soccer instructor, as well as owner of NH Soccer Academy, this weekly soccer clinic focuses on making soccer fun for our Pre-K kids. It is never too early to introduce your youngster to the world's most popular sport, and this clinic will be one of the best ways you can do that

Who: Boys and Girls not entering Kindergarten this Fall

What: Soccer Fun

When: Saturday Mornings 9/13-10/18

Time: Session 1 is 8:00-8:45

Session 2 is 9:00-9:45

Where: Dearborn Park Fields

